

The Muscle Project

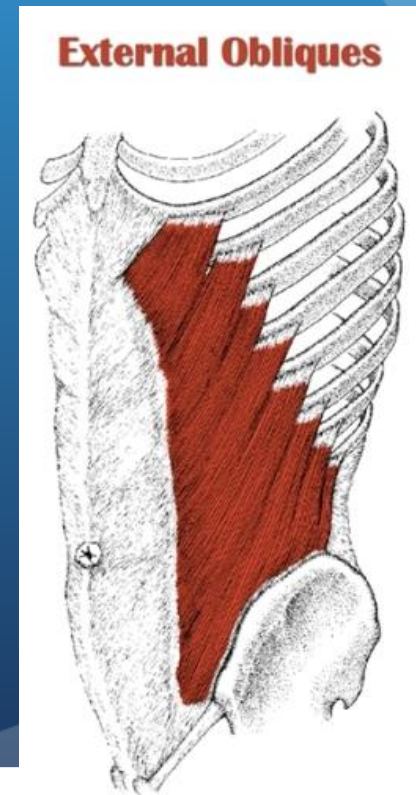
Oblique: External Oblique

Origin-the lower 8 ribs

Insertion- crest of the pubis, rectus abdominis fascia

Scientific Name: External Oblique

Common Name: Abs



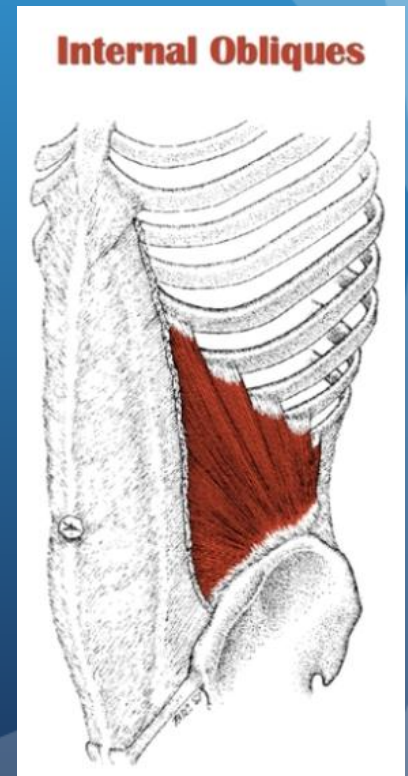
Oblique: Internal Oblique

Origin: Lumbar fascia

Insertion: Linea alba, lower 4 ribs

Scientific Name: Internal Oblique

Common Name: Abs



Strengthening Exercise #1

Swiss Ball Side Crunches:

1. Lie back on a Swiss ball with your feet flat and your body forming a 45-degree angle with the ball. Cross your hands and place them on your upper chest.
2. Bring your upper body up and curl your left shoulder toward your right knee. Keep your head and neck stable.
3. Alternate sides with each repetition.



Strengthening Exercise #2

Hanging Oblique Raise:

1. Hang on a chin-up bar with an overhand grip
2. Lift your legs until your hips and knees are bent at 90-degree angles.
3. Raise your right hip toward your right arm. Pause, then return to the starting position
4. Alternate sides with each repetition



Stretching Exercise

1. Stand with your legs shoulder width apart, and raise your left arm above your head.
2. Lean your torso to your right side and push your pelvis to your left with your right hand to increase the stretch.
3. Hold for about 5 seconds and return to starting position.
4. Repeat 10 times per side.



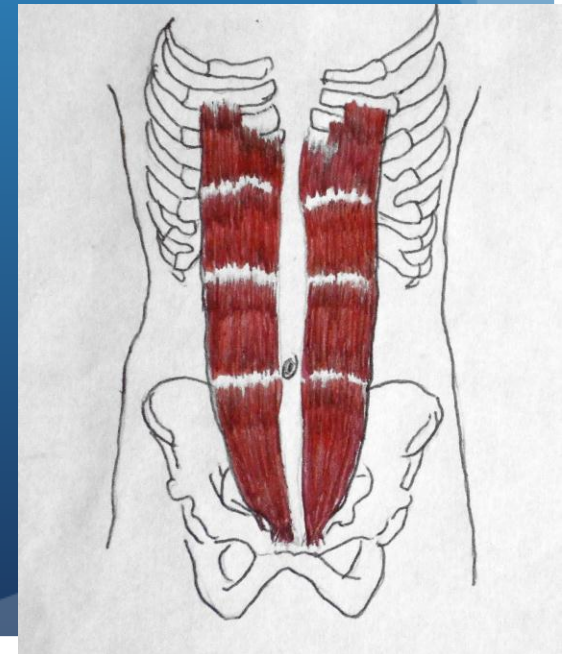
Rectus Abdominis

origin: pubic crest

insertion: costal cartilages of ribs 5-7

scientific name: rectus abdominis

common name: abs



Strengthening Exercise #1

Leg Lifts:

1. Lie on your back with your legs slightly bent, so your legs are parallel to the floor. Keep your hands flat on the ground.
2. Slowly lower your legs to about an inch of the floor.
3. Slowly raise your legs back up
4. Repeat number 2 and 3



Strengthening Exercise #2

Abdominal Crunch Hand To Ankles:

1. Lie on your back with your knee's bent to 90 degrees and your arms straight (as in picture 1).
2. Keeping your neck straight, slowly lift your shoulders and trunk off the ground, moving your fingertips toward your ankles.
3. Perform sets with 10 repetitions in each.

picture 1



Stretching Exercise

1. Lie face down on a mat with your legs completely extended and your toes pointing outward.
2. Keep your torso up off the mat using your arms as support.
3. Slowly arch your back and lift your head up and back as far as you can comfortably go.
4. Hold this position for 3 to 4 seconds, then return to the starting position and repeat for about 10 times.



Bibliography

- <http://fitbie.msn.com/exercise>
- <http://www.realsolutionsmag.com/ezone/55/issue55a.asp>
- <http://www.getbodysmart.com>